

8A – Reading Exercise 2.7

A. Matching: Match the person to the healing tradition mentioned in the reading passage. Write the letter next to each name:

1. Emma's father _____
2. Mei _____
3. Fitri _____
4. Samuel _____
5. Oliver _____

- a. makes a traditional tonic known as 'jamu'.
- b. enjoys the vitamin-rich fruit of his homeland.
- c. tends to herbs that reduce anxiety and stress, and even help with sleep.
- d. transforms apples into a healing concoction.
- e. appreciates the health benefits of ginger.

B. Choose the correct answer

1. What healing property is apple cider vinegar particularly noted for in the passage? _____
 - A. Improving eyesight
 - B. Lowering blood sugar
 - C. Increasing energy instantly
 - D. Enhancing memory
2. Mei associates ginger with: _____
 - A. A modern health trend
 - B. A refreshing morning drink
 - C. Traditional spice markets of China
 - D. Reducing cholesterol
3. What ingredient combination is used in Jamu? _____
 - A. Ginger, turmeric, lemongrass, honey, and water
 - B. Ginseng, chamomile, lavender, and mint
 - C. Guava, ginger, and lemon
 - D. Tea leaves, honey, and cinnamon
4. Which plants does Oliver tend to in the UK? _____
 - A. Lavender, chamomile, and herbs
 - B. Ginger, turmeric, and lemongrass
 - C. Guava, ginseng, and goji berries
 - D. Apples, mint, and cinnamon
5. What is the overall purpose of the passage? _____
 - A. To argue against modern medicine
 - B. To compare different cooking traditions
 - C. To explore healing traditions around the world
 - D. To promote the use of one specific remedy

C. Answer Questions

1. What is the main ingredient in the concoction Emma's father made?

2. Which tradition drink does Fitri prepare, and what are its main ingredients?

3. What effect does the tea made from ginseng and goji berries have, according to the elders in Singapore?

4. Compare and contrast the uses of ginger in Chinese tradition (Mei) and Javanese tradition (Fitri).

5. Which natural remedy mentioned in the passage do you think is the most effective? Why?
